

# Good Food Facts

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## Keep Your Baby's Smile Bright

Even babies can have tooth decay. Tooth decay happens when bacteria mixes with food and stays on the teeth.



### Here are some tips to keep your baby's teeth healthy:



Give water instead of formula, juice, or sugary drinks between feedings and at bedtime.



Put your baby to bed without a bottle. Use a blanket, toy or music to soothe your baby rather than a bottle.



Do not dip pacifiers into sugar, honey or sugared drinks.



Clean gums or new teeth with a clean damp washcloth or gauze pad after each feeding.



Wean babies from the bottle by one year of age. Babies who walk around with a bottle or cup are more likely to have tooth decay.

## Starting solid foods? Remember these hints:



Avoid sharing or tasting food with baby's spoon to stop the spread of the bacteria that causes tooth decay.



Use a "baby-sized" spoon to help baby learn how to swallow and use tongue and teeth.



Serve foods in a separate dish, rather than the jar to keep bacteria from getting into the food.



Babies do not need sugar or sweetened desserts. Keep foods plain without added seasonings or sweets.



Start using the cup when your baby is six months old. Use a drinking cup with two handles to allow the baby to drink on her own. By one year of age, change to a tumbler without handles.



Offer only a small amount of juice each day. One half cup of juice served in a tippy cup, not a bottle, is plenty.

**Keep your baby's smile bright right from the start!**